



# Wahnapiatae First Nation Community Newsletter

Inside this issue:

May 2023

## P5: WFN Open House



Come learn more about WFN's programs and services on June 10.

## P7: Member News



WFN members Abby Roque and Lily Plante are making their mark.

## P8: Mother's Day Event



Join WFN for some Mother's Day fun at this must-do event.

## P11: Regalia Workshops



Create or update regalia at a workshop for youth and adults.



## A Message to Members

Wahnapiatae First Nation is a proud Anishinaabe community. We are a vibrant and thriving mix of families, entrepreneurs, and dedicated volunteers who are ready to create a strong and resilient First Nation for current and future generations. Our strongest assets are our people and our natural resources. Preservation of these assets is critical, both for the environment and for the continuation of our Anishinaabe culture and traditions.

As such, WFN has been working very hard over the last 12 months to develop its own Land Code. It will have a major impact on several key areas for WFN, including economic development, resource management, and our role as stewards of the land.

There will be several community engagement sessions coming up for both Land Code and our Financial Administration Law. Please be sure to watch for and participate in these, as we will be voting on these laws later in the year.

Now that it is May, and our thoughts also turn to spring flowers and the return of hibernating creatures, we celebrate the people who help make our community so vibrant. It gives me great pleasure to wish all the mother figures in our community a Happy Mother's Day. Chii-miigwetch for your endless love and dedication to our future generations. If you would like to celebrate Mother's Day with WFN, please consider joining us on Saturday, May 13 for our annual event (See P.8 for details.)

As many of you know, we've been working hard to improve emergency services in and for the community. Our efforts are not going unnoticed by both Greater Sudbury EMS and Anishinabek Police Service. However, we need to keep at it: in any emergency situation, call 911 first. When calling 911, remember to tell the operator that the emergency is on Wahnapiatae First Nation reserve. Then call the APS emergency number: 1-888-310-1122. DO NOT CALL Fire Chief Roque or any of the first responders directly (they get notified by 911).

Miigwetch,  
Chief Larry Roque

# COMMUNITY NOTICES

Happy  
*Mother's Day*  
Sunday, May 14, 2023



The Wahnapiatae First Nation Community Newsletter is published the 1st Wednesday of every month.

Wahnapiatae First Nation  
259 Taighwenini Trail Road  
Capreol, Ontario | P0M 1H0  
Phone: (705) 858-0610  
Fax: (705) 858-5570

## Stay Connected

For the most up-to-date information and updates about Wahnapiatae First Nation, including safety measures, check us out online as below:



**WEBSITE:** [www.wahnapiataefirstnation.com](http://www.wahnapiataefirstnation.com)



**MAIN PAGE:** [www.fb.me/wahnapiataefirstnation](https://www.facebook.com/wahnapiataefirstnation)



**YOUTH PAGE:** [www.fb.me/WFNYouthPage](https://www.facebook.com/WFNYouthPage)

# EMERGENCY SERVICES



## EMERGENCY SERVICES NUMBERS

**Emergency Services 911**

**APS Emergency Number 1-888-310-1122**

**APS Office Number (705) 472-0270**

When calling 911 services please mention the emergency is in Wahnapiitae First Nation. This will help avoid confusion.

**PLEASE DO NOT CALL CHIEF ROQUE OR FIRE CHIEF RECOLLET DIRECTLY.**

**CALL 911 IN ALL EMERGENCY SITUATIONS.**

**WFN FIRST RESPONDERS WILL BE DISPATCHED BY THE 911 CALL CENTRE.**

## Blastomycosis *Fast Facts*



Wisconsin Department of Health Services  
Division of Public Health

**Blastomycosis** (or "Blasto") is an infection caused by the fungus *Blastomyces dermatitidis*

Illness can occur 2 – 15 weeks after breathing in the fungal spores

Symptoms can include cough, fever, chills, muscle aches, joint pain, and chest pain

Infection can spread to other parts of the body such as skin or bones

Blasto is not spread from person to person

The fungus lives in moist soil and decaying wood and leaves

Blasto is treatable with antifungal medications

People who smoke, have lung disease, or have weakened immune systems are more likely to become ill

**Ill individuals concerned about Blasto should visit their doctor**

Learn more at: <http://www.cdc.gov/fungal/diseases/blastomycosis/>

# CHIEF AND COUNCIL



## Chief and Council Regular Meeting

**Tuesday, May 30, 2023**

**6 P.M.**

**In-person and via Zoom**

Members wishing to attend via Zoom must register at:

[https://cutt.ly/WFN\\_CouncilMeeting\\_May2023](https://cutt.ly/WFN_CouncilMeeting_May2023)

The deadline to register for the web version is May 23, 2023.

No registration is required for those wishing to attend in person.

Registration only open to WFN members, who must also be over the age of 18. Virtual attendees must use their real names when signing in.

# COMMUNITY EVENTS

**DOOR PRIZE**  
RAFFLE PRIZES AND MORE!  
(FOR MEMBERS ONLY)



## Saturday, June 10 **WFN OPEN HOUSE**

**10 A.M. to 2 P.M.**

LUNCH PROVIDED

Come meet the team and learn more about the services and programs WFN offers its members and the community.

**Wahnapiitae First Nation Centre of Excellence**  
259 Taighwenini Trail Road Capreol, ON

# COMMUNITY NOTICES



## HOUSING COMMITTEE VOLUNTEER CALLOUT

The Wahnapitae First Nation Housing Committee is dedicated to improving the quality of life for all Wahnapitae First Nation members by demonstrating respect, fairness and honesty in all decision making.

This committee will:

- Be responsible for assessing the housing needs of the community and develop strategies to address them.
- Provide guidance and advice to the housing program administration, this may involve providing information on related policies and service delivery.
- Responsible for facilitating community engagement around any housing issues this may involve organizing public meetings to gather input from community members and outreaching to ensure that diverse perspectives are represented.

### TO BECOME A COMMITTEE MEMBER, YOU MUST:

- Be a member of WFN.
- Be committed and available to participate in the housing committee meetings.
- Be at least eighteen (18) years of age.
- Be knowledgeable of community issues.
- Be able to work in a team environment.
- Be ethically and morally responsible.
- Be willing to comply with the terms of reference by signing a waiver.

FOR MORE INFORMATION, CONTACT TERRY  
705-858-0610 | [HOUSINGCOORDINATOR@WAHNAPITAEFN.COM](mailto:HOUSINGCOORDINATOR@WAHNAPITAEFN.COM)



If you're not receiving monthly communications from us, your address may not be up to date in our system.

## WE NEED YOUR CONTACT INFO

CALL OR EMAIL TO LET US KNOW

✉ [leila.roque@wahnapitaefn.com](mailto:leila.roque@wahnapitaefn.com)

☎ 705-858-0610

# COMMUNITY NOTICES

## Member News

### Miss Wahnapiatae First Nation Lily Plante

W F N would like to wish best of luck to member Lily Plante, who's sharing this message:

"Aanii, my name is Lily Plante and I am so proud and excited to be representing our community of Wahnapiatae First Nation in the 2023 Miss Ontario Regional Canada Scholarship Pageant.

Having the support of family and friends means so much to me.

For more information about myself, any pageant-related updates, and to follow my journey up until the pageant this May you can follow my Instagram [@miss.lilyplante](https://www.instagram.com/miss.lilyplante).



### IIHF Hockey Champ Abby Roque

Congratulations to W F N member Abby Roque on her recent victory with Team USA.

Abby played for Team USA in the IIHF Women's Hockey Championship in Toronto in April 2023.

W F N would like to offer a huge congratulations to Abby and her team.

If you'd like to watch the game highlights, or learn more about the game, please visit:

<https://www.iihf.com/en/events/2023/ww>



The Community-led Events Committee needs more members!

This committee is responsible for organizing and putting on for the community:

- Hallowe'en
- Family Day
- Christmas parade & potluck feast
- Easter
- plus more!

The committee needs:

- Youth members
- Elders
- Off-reserve members

It will meet once a month (or more, as needed).

For more information, or to join, please contact Councillor Adam Roque at [adam.roque@wahnapiataefn.com](mailto:adam.roque@wahnapiataefn.com)

# COMMUNITY EVENTS



## MOTHER'S DAY *Party*

SATURDAY | 13 MAY | 11 A.M. - 3 P.M. | MDG

JOIN WFN FOR MOTHER'S DAY FUN!

HENNA TATTOOS, PLANTER PAINTING, FOOT SPA, TAROT CARD READINGS, DIY FACIAL MASKS, PENNY TABLE, PHOTO BOOTH, AND SO MUCH MORE.

CHARCUTERIE BOARD LUNCH

### SPECIAL PRIZES

RIBBON SKIRT MADE BY SIOUX ROQUE  
BEADED EARRINGS MADE BY SHANNON SKELLITER

**RSVP TO HEATHER BY MAY 8 AT 5 P.M.**

[HEATHER.ROY@WAHNAPITAEFN.COM](mailto:HEATHER.ROY@WAHNAPITAEFN.COM)

705-858-7700 EXT 226

## COMMUNITY EVENTS

WEDNESDAY, MAY 31, 2023  
1 P.M. TO 3 P.M.  
MAAN DOOSH GAMIG

# ANTI-TOBACCO DAY

SMOKING CESSATION WORKSHOP WITH HEATHER  
& BRAD FOLLOWED BY A PAINT SOCIAL.

**RSVP by May 26 with Heather**

[Heather.roy@wahnapitaefn.com](mailto:Heather.roy@wahnapitaefn.com) | 705-858-7700 EXT 226

# COMMUNITY EVENTS

## NATIONAL DAY OF AWARENESS FOR MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS



## WFN Awareness Walk Friday, May 5 at 11 A.M.

Starting at the Centre of Excellence, Heather and Tammy will lead community members to the red dress display on Taighwenini Trail Road for a smudge and prayer in honour of our MMIWG.

# COMMUNITY EVENTS

## YOUTH REGALIA WORKSHOP

**FRIDAY, MAY 5 FROM 5:30 P.M. - 9 P.M.**

**SATURDAY, MAY 6 FROM 9:30 A.M. - 5 P.M.**

**SUNDAY, MAY 7 FROM 9:30 A.M. - 5 P.M.**

Youth Regalia workshop with Julia Pegahmagabow and Tammy Chevrette.

Come out and update, create, and touch up your regalia for Pow-Wow season.  
Refreshments provided.

RSVP TO TAMMY BY MAY 3  
[TAMMY.CHEVRETTE@WAHNAPITAEFN.COM](mailto:TAMMY.CHEVRETTE@WAHNAPITAEFN.COM)  
705-920-9488



## ADULT REGALIA WORKSHOP

**FRIDAY, JUNE 2 FROM 5:30 P.M. - 9 P.M.**

**SATURDAY, JUNE 3 FROM 9:30 A.M. - 5 P.M.**

**SUNDAY, JUNE 4 FROM 9:30 A.M. - 5 P.M.**

Adult Regalia workshop with Julia Pegahmagabow and Tammy Chevrette.

Come out and update, create, and touch up your regalia for Pow-Wow season.  
Refreshments provided.

RSVP BY MAY 24 TO TAMMY  
[TAMMY.CHEVRETTE@WAHNAPITAEFN.COM](mailto:TAMMY.CHEVRETTE@WAHNAPITAEFN.COM)  
705-920-9488



# COMMUNITY EVENTS

## Wahnapiṭae First Nation is Developing a Comprehensive Community Plan

### What is a Comprehensive Community Plan (CCP)?

A CCP takes a holistic look at the community, including things like health, housing, land stewardship, language and culture, jobs and economic development, and governance. The goal of a CCP is to guide the community for long-term growth.

### Want to Get Involved?

We are looking for Wahnapiṭae First Nation members to join the CCP committee. Please contact Austin Barnaby-Armstrong at [austin.armstrong@wahnapiṭaefn.com](mailto:austin.armstrong@wahnapiṭaefn.com)



SEE YOU AT  
THE OPEN  
HOUSE ON  
JUNE 10,  
2023



Wahnapiṭae  
First Nation



Shared Value Solutions

# COMMUNITY NOTICES

## *Mother's Day Penny Table*

AVAILABLE FOR VIEWING

May 1 to Thursday, May 11

Winners will be contacted on Monday, May 15

### TICKET PRICES

1 Ticket for \$2

3 Tickets for \$5

TO PURCHASE A TICKET, CONTACT

Heather Roy, Community Wellbeing Worker  
705-858-7700 | [heather.roy@wahnapietaefn.com](mailto:heather.roy@wahnapietaefn.com)

## NEW LOCATION

Norman Recollet Health Centre's  
Clinical Services

WILL BE LOCATED AT

190 LOONWAY ROAD

GIVE US A CALL

 705-858-7700



# COMMUNITY EVENTS

## Finish your Projects

Family Wellness Centre  
Thursday, May 18, 2023  
1 P.M. to 3 P.M.

Come and join Natalie (HBHC) and Linda (FWB).  
We will be gathering together to support each other to  
finish our projects.



## LANYARD BEADING



FAMILY WELLNESS CENTRE  
TUESDAY, MAY 9

TUESDAY, MAY 23  
TIME 5 P.M. - 7.30 P.M.

RSVP with Linda  
705-858-7700  
[linda.mhende-chitohwa@wahnapiataefn.com](mailto:linda.mhende-chitohwa@wahnapiataefn.com)

Beading supplies provided  
Light refreshments provided



# Garden Tips

With Linda

Family Wellness Centre, May 17, 2023

4 P.M. to 6.30 P.M.

Learn and gain confidence about gardening, so you can grow, harvest, and eat your own home grown produce.

RSVP BY MAY 15 (LIMITED SPOTS)

[LINDA.MHENDE-CHITOWA@WAHNAPITAEFN.COM](mailto:LINDA.MHENDE-CHITOWA@WAHNAPITAEFN.COM)

Pizza Dinner Provided



## WFN SPECIES AT RISK COMMUNITY ENGAGEMENT

June 17, 2023 9 A.M. to 11 A.M.

Maan Doosh Gamig

The Lands and Resources Department will be hosting an event for youth and elders in the community. The event will involve traditional knowledge sharing and information focused on Species at Risk. Food will be provided and there will be a draw, in addition each child will receive a backpack containing outdoor gear.

RSVP With Mathieu Cayen  
[mathieu.cayen@wahnapiataefn.com](mailto:mathieu.cayen@wahnapiataefn.com)

Limit of 20 children. Children must be in attendance and accompanied by an adult to receive their backpack.



# COMMUNITY EVENTS

## MOOSE HIDE CAMPAIGN DAY



**Take a stand against violence.**

**Maan Doosh Gamig  
May 11  
8 A.M. to 5 P.M.**

**Come pick up your Moose Hide pin and make your pledge to stand up against violence towards women and children.**



**All participants will be put into a draw!**

WFN Fisheries Consumption and Community Health

## FOCUS GROUPS

**Thursday, June 1 at 5:30 P.M.**

**Maan Doosh Gamig**

LIGHT REFRESHMENTS PROVIDED

This event builds on the Fisheries Project looking at contaminants in fish from Lake Wahnapeitei and Lake Kukagami. The research team is co-led by Sarah Lehman (WFN), Brian Laird (University of Waterloo), and Gretchen Lescord (Laurentian University/WCS Canada).

**The focus group will gather information about contaminants in fish from traditionally-important waterbodies around Wahnapitae First Nation.**

### Details

- Community member of WFN
- At least 18 years of age
- Focus groups will take up to 90 minutes.

Participants will receive a \$50 gift card to Hiawatha's Marina and Gas Bar.

**RSVP BY MAY 25** | 705-858-0610 or [sara.lehman@wahnapitaefn.com](mailto:sara.lehman@wahnapitaefn.com).

# NALOXONE TRAINING

*Wednesday, May 24, 2023*

1 P.M TO 3 P.M.

*Maan Doosh Gamig*

Learn how to recognize the signs of an opioid overdose and how to use naloxone to save a life.



*Training provided by Reseau Access Network.  
Participants will receive a naloxone kit to take home.*

**Register by May 19 by 5 P.M. by calling Heather  
at (705) 858-7700**

**In 2017, approximately 11 lives were lost each day because of opioid overdoses. Increased naloxone (Narcan) access and training is a key tool for preventing overdose deaths.**

# COMMUNITY EVENTS



# Teddy Bear Picnic

**Monday, June 26  
4:00 P.M. to 7:00 P.M  
Maan Doosh Gamig.**

**honouring  
Bear Witness Day for  
Jordan's Principle**



Please RSVP by June 14 to

Natalie Goring  
[natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com)

Priscilla Parent  
[priscilla.parent@wahnapitaefn.com](mailto:priscilla.parent@wahnapitaefn.com)

# AS & YL PROGRAMMING

# May

# 2023

NAMEBINE GIIZIS – SUCKER MOON

## After School Program & Youth Leadership Program



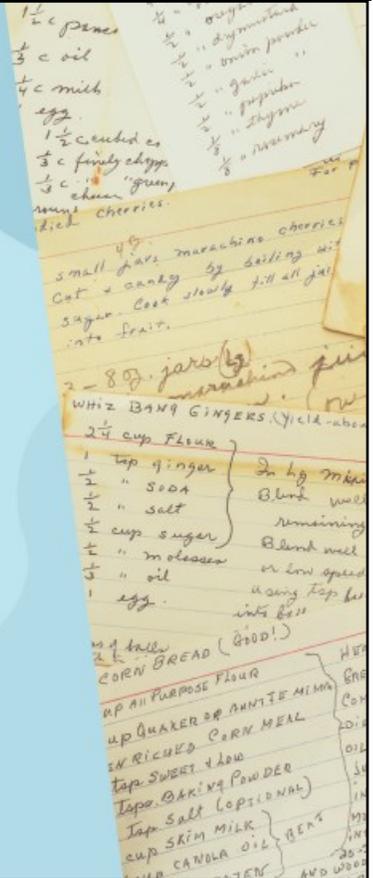
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Teaching on Talking Sticks with Tammy ASP	2 Teaching on Talking Sticks with Tammy YLP	3 Lanyards Kick-Off ASP & YLP	4	5	6
7	8 Making Lip Balm with Line ASP	9 Making Lip Balm with Line YLP	10 Painting Pots & Pans for Musical Fence ASP	11	12	13
14	15 Nature Treasure Hunt ASP	16 Nature Treasure Hunt YLP	17 Indian Taco's Outdoor Games ASP	18	19	20
21	22 HOLIDAY NO PROGRAMMING	23 Moose Spaghetti with Natalie YLP	24 Moose Spaghetti with Natalie ASP	25	26	27
28	29 Outdoor Games Volleyball ASP	30 Nacho's Outdoor Games Volleyball YLP	31 BBQ – Hotdogs Outdoor Play ASP			

# COMMUNITY PROGRAMS

## Blue Cheese's Recipe of the Month

If you would like to order one for the month of June, please contact Natalie Goring at [natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com)

**REGISTRATION DEADLINE IS  
MAY 30, 2023**




  
**TRADITIONAL CRAFT NIGHT**  
**MONDAY, MAY 29, 2023**  
**MAAN DOOSH GAMIG**  
**6:30 P.M. TO 8:30 P.M.**

Join WFN's Cultural Coordinator Tammy for a night of crafting and conversation.

**RSVP to Tammy**  
 705-920-9488  
[tammy.chevrette@wahnapitaefn.com](mailto:tammy.chevrette@wahnapitaefn.com)

Minimum of 4 participants needed for event to run.

**SHARING  
MEN'S  
CIRCLE**  
 WITH BRAD STEELE

**NEXT SESSION**  
**MAY**  
**THURSDAY, MAY 25**  
**6:30 TO 8:30 P.M.**  
**MAAN DOOSH GAMIG**

**Light refreshments provided**

QUESTIONS? CONTACT  
**BRADLEY.STEELE@WAHNAPIITAEFN.COM**

# EARLY YEARS

# EARLY YEARS ACTIVITY KITS

Agès 0 to 6 years

May  
Nmebine Giizis - Sucker Moon

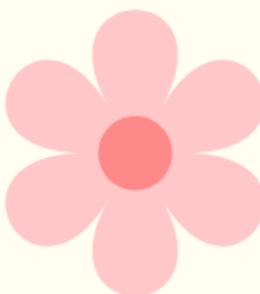
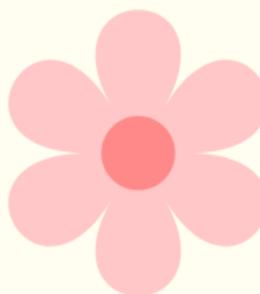
*For the May kits, please contact Natalie  
Goring at 705-858-7700  
[natalie.goring@wahnapitaefn.com](mailto:natalie.goring@wahnapitaefn.com).*

*Each activity kit contains 3 to 4 activities.*



**EARLY** Wednesdays 3:30-5:30 P.M.  
**YEARS** Gazebo

*Parents/Guardians must be present*

WEDNESDAY MAY 3	WEDNESDAY MAY 10	WEDNESDAY MAY 24	WEDNESDAY MAY 31
<b>NO PROGRAMING</b>	3:30 P.M. to 5:30 P.M. Gazebo	3:30 P.M. to 5:30 P.M. Gazebo	3:30 P.M. to 5:30 P.M. Gazebo
			

# COMMUNITY EVENTS





**WEDNESDAY, MAY 17**  
**4 P.M. - 6 P.M.**

Please let Rochelle or Line know by **May 11** if you will be participating this month to reserve your kit.

**PICK-UP: 259 TAIGHWENINI TRAIL RD**  
**BRING YOUR OWN BAGS!**



Small Box: \$10 | Large Box: \$19

**GOOD FOOD BOX**

CALL HEATHER TO ORDER:  
(705) 858-7700

**MAY 2023**  
**ORDER: MAY 4**  
**DELIVERY: MAY 11**



**CONGREGATE DINING**  
ELDERS 55+

**THURSDAY, MAY 4**  
**BETWEEN 5 P.M. - 6 P.M.**  
*in-person and delivery available*

*To join us in person, RSVP by May 1*  
**CALL HEATHER TO RESERVE YOUR MEAL: (705) 858-7700**

# COMMUNITY EVENTS

## NUTRITION BINGO



**Thursday, May 18  
5:30 P.M.**

**In-person and Zoom**

*Prizes are the same. Cards will be bagged for pickup. Payment due on pickup.*

**Call Heather  
to reserve your spot:**

**(705) 858-7700**

 **MAY  
SOUP'S ON!**



**May 2, 23, & 30**

**Call by 11 A.M. | Pick up by 12 P.M.  
Call Heather to place order:  
(705) 858-7700**



**Small Box: \$10 | Large Box: \$19**

## GOOD FOOD BOX

**CALL HEATHER TO ORDER:  
(705) 858-7700**

**JUNE 2023  
ORDER: JUNE 1  
DELIVERY: JUNE 8**

## CONGREGATE DINING

**ELDERS 55+**

**THURSDAY, JUNE 1  
BETWEEN 5 P.M. - 6 P.M.**  
*in-person and delivery available*

*To join us in person, RSVP by May 25*  
**CALL HEATHER TO RESERVE YOUR  
MEAL: (705) 858-7700**

# WFN EVENT CALENDAR - MAY 2023

Please be sure to use this calendar as your official reminder for these events to help plan your month.

SUN	MON	TUE	WED	THURS	FRI	SAT
	1	2 Sue Chartrand	3 Community Snack Pickup Lanyard Kickoff	4 GFB order Congregate Dining	5 CLOSED MMIW Walk Youth Regalia	6 Youth Regalia
7 Youth Regalia	8	9 Lanyard Beading	10	11 Moose Hide GFB Pickup	12 CLOSED	13 Mother's Day Event
14 Mother's Day	15	16 Sue Chartrand	17 Gardening Tips HROTM	18 Finish Projects Event	19 CLOSED	20
21	22 CLOSED FOR VICTORIA DAY	23 Lanyard Beading	24 Naloxone Training	25 Men's Sharing Circle	26 CLOSED	27
28	29 Traditional Craft Night	30 Sue Chartrand Chief & Council	31 Anti-Tobacco Event	JUNE 1 Focus Group Congregate Dining GFB order	2 CLOSED Adult Regalia	3 Adult Regalia
4 Adult Regalia	5	6	7	8 GFB Pickup	9 CLOSED	10 WFN OPEN HOUSE

Sue Chartrand will be here for footcare and massages per the calendar. If interested, contact Line @ 705-858-7700 ext 218.